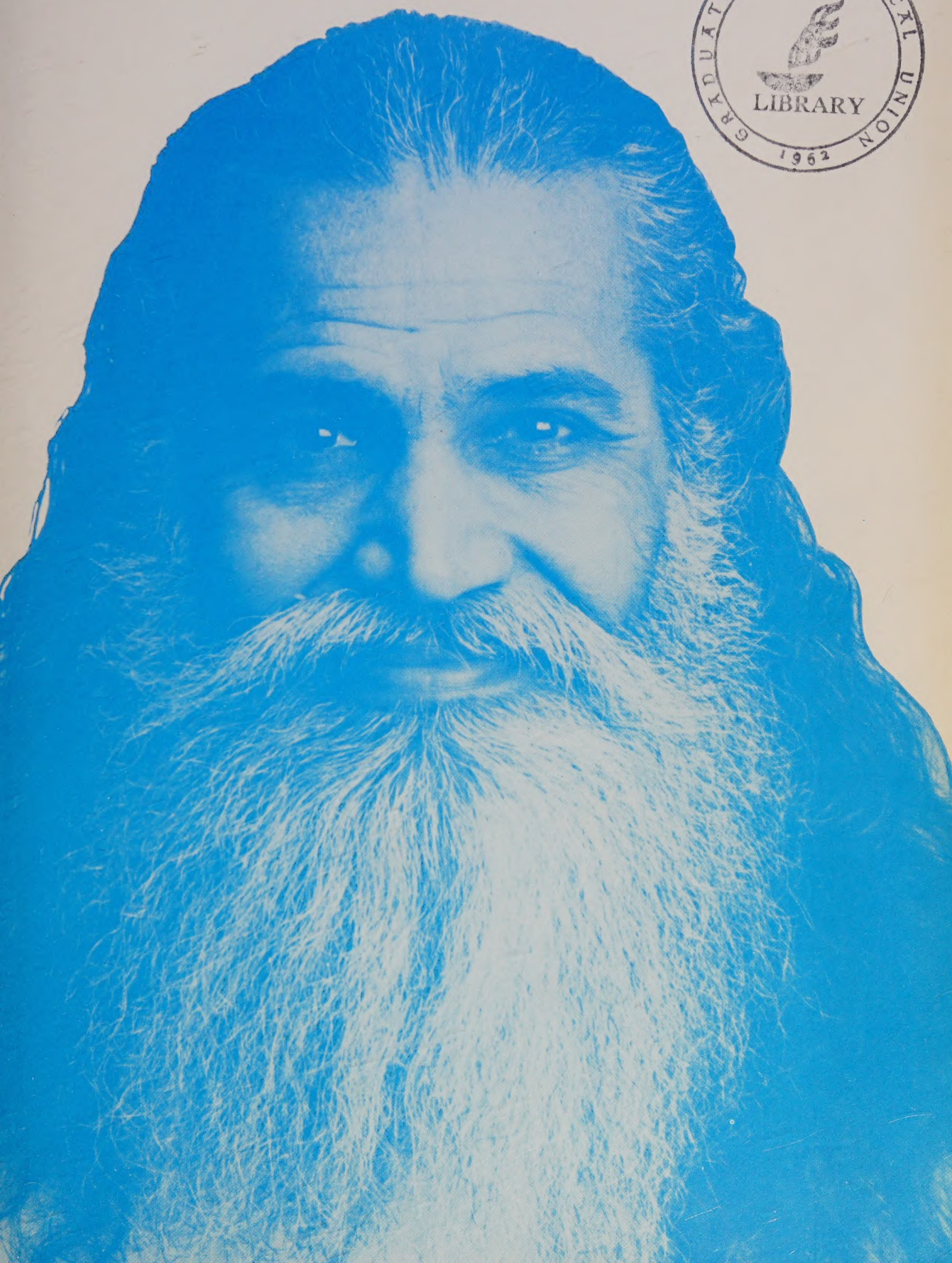


Integral Yoga

JUN 25 1985



SAYINGS of SAGES

The Master's wish: In dealing with the aged to be of comfort to them; in dealing with friends, to be of good faith with them; in dealing with the young, to cherish them.

Confucius

I salute the man who is going through life always helpful, knowing no fear, and to whom aggressiveness and resentment are alien. Such is the stuff of which great moral leaders are made, who proffer consolation to mankind in their self-created miseries.

Albert Einstein

Like a beautiful flower full of color but without scent, are the empty words of him who does not act accordingly.

Dhammapada

He is a fool who cannot get angry;
He is a wise man who will not.

Swami Turiyananda

"To the man who has no peace, how can there be happiness? "

Bhagavad Gita 2:66

The smile that you send out returns to you.

Indian Wisdom

The things which are seen are temporal;
But the things which are not seen are eternal.

II Corinthians: 4

Waking is long and dream short;
Other than this there is no difference.
Just as waking happenings seem real while awake,
So do those in a dream while dreaming.

Ramana Maharshi

No man can reveal to you aught but that which already lies half asleep in the dawning of your knowledge.

Kahlil Gibran



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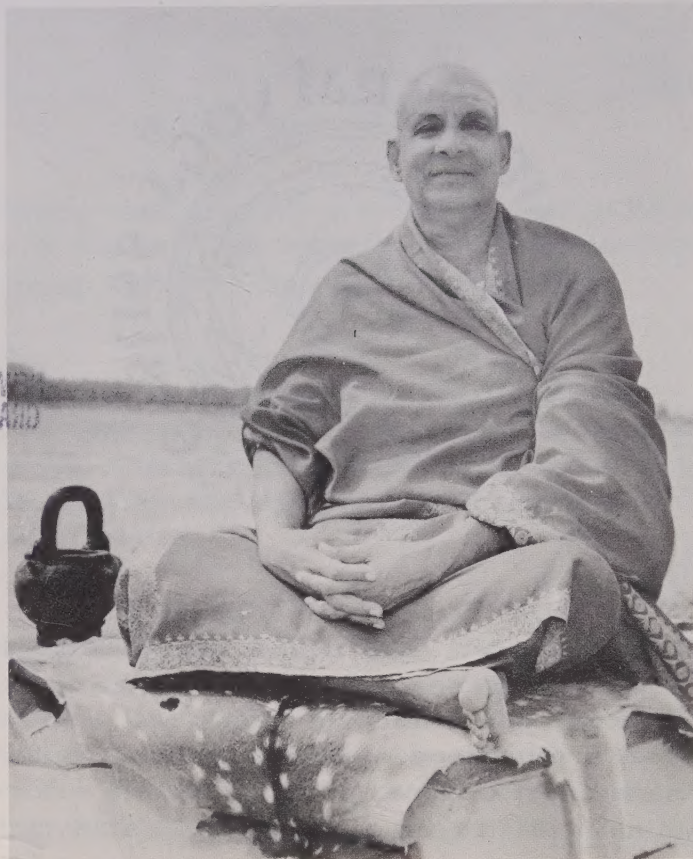
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UNITY OF EXISTENCE

One Soul abides in all. There is one humanity. There is one brotherhood. There is one Atmahood. None is high. None is low. All are equal. Vain are the distinctions. Man-made barriers should be ruthlessly broken down. Then alone there will be peace in this world.

There is only one caste, the caste of humanity. There is only one religion, the religion of love. There is only one commandment, the commandment of truthfulness. There is only one law, the law of cause and effect. There is only one God, the omnipresent, omnipotent, omniscient Lord. There is only one language, the language of the heart or the language of silence.

All life is one. The world is one home. All are members of one human family. All creation is an organic whole. No man is independent of that whole. Man makes himself miserable by separating himself from others. Separation is death. Unity is eternal life. Cultivate cosmic love. Include all. Embrace all. Recognise the worth of others. Destroy all barriers, racial, religious and natural prejudices that separate man from man. Recognise the non-dual principles, the immortal essence within all creatures. Protect animals. Let all life be sacred. Then this world will be a paradise of beauty, a heaven of peace and tranquillity.

Swami Sivananda

Swami Sivananda

YOGA ASANAS

In this world, all that have life seek to be happy. In all our attempts, whatever we do, whatever we see, our ulterior aim is to find that happiness. But ultimately we come into some sort of sorrow and never know continuous joy. Eventually, we turn within to ask the question: "From where can I get everlasting peace and joy? "

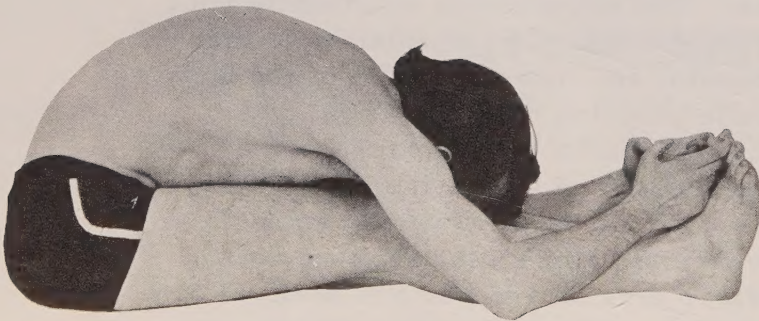
To find that joy we have to analyze: "What makes us sad? What causes us sorrow? " Well, there are two sources mainly: upsets in the mind and upsets in the body. They bring us sorrow. You all know that when the body is unhealthy, even if there is the slightest trouble in a toe or a tooth, this condition will not allow you to think of anything else. How much more is the distraction from a major organ or mechanism? Putting aside the concern for spiritual life and meditation, even your studies or business would be impaired. A healthy body is really wanted then, and that can be achieved easily through Hatha Yoga, the system of Yoga postures and breathing.

Hatha Yoga postures, or asanas, are completely different from other forms of exercise. The other forms accelerate your breathing, waste your energy and draw your circulation to the surface of the body. They develop the muscular side of the body. Whereas in the graceful, gentle practice of Hatha Yoga, you direct your energies inward. The Hatha Yoga postures tone the spine, the nerve centers, the glands and the entire body. They eliminate impurities from the system. By practicing asanas regularly you develop a very flexible spine and resilient health. You have freedom from physical tension and you are always calm.

For example, by doing the cobra pose, Bhujangasana, the upper back is stretched out and relaxed. By gently bending forward in Paschimottanasana, the lower back gets stretched out and relaxed. The spine will bend in any way that you want when you are healthy and calm. The spine is a column of several bones called vertebrae. All the nerves branch out from these vertebrae, connecting the various organ systems to the brain. If the spine is rigid, nerve impulses cannot flow freely through the body. The internal organs become weakened and subject to disease. If you keep the spine supple, the nerves remain strong and your health is maintained. By practicing Hatha Yoga, so many senses which do not function properly will become energetic again and function very well. You can always feel young. I have seen many students enjoy these blessings.



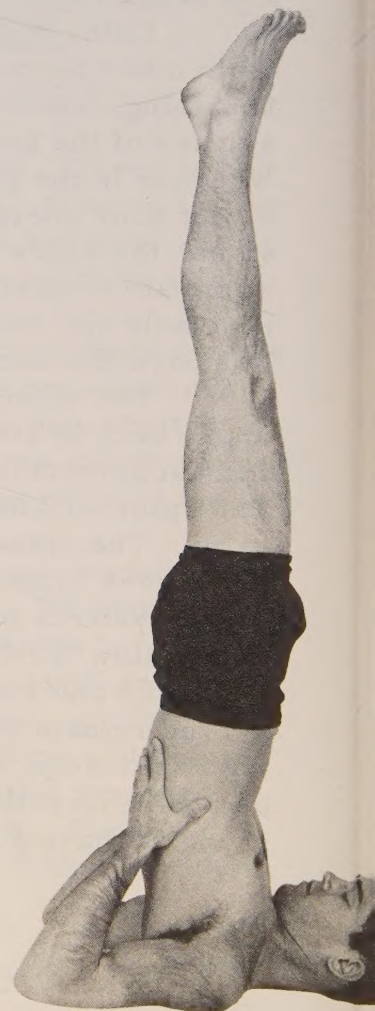
Dhanurasana, The Bow Pose



Paschimottanasana, The Forward Bending Pose



Bhujangasana, The Cobra Pose



Sarvangasana, The Should

Recently I saw a factory, where if anything goes wrong, immediately the whole system shuts off by electronic eyes. Likewise we have electronic eyes in the body: the different glands. They are not there to stop the system, but to rectify it by producing various hormones. These are the natural things which set right any ailment in the system. We need not have any adrenaline injections or transplanted glands if we make proper use of our system's natural resources.

The Yoga asanas tone up the different glands. When you do a shoulderstand, Sarvangasana, it tones up the thyroid gland. When you do the bow pose, Dhanurasana, it tones up the adrenal glands. Maybe, when the glands are completely damaged we may not be able to repair them fully, but slight derangements could be easily set right by this practice. In our years of practice and experience in Hatha Yoga, we have come across many people who have recovered from their ailments, some of them considered "incurable". With proper diet and proper Yoga practices, asanas and breathing, one overcomes almost all types of diseases.

The preventive aspect of Hatha Yoga is equally important. An apparently strong man can get wet in a little rain for a few minutes and then catch cold and fall ill. But the person who practices Yoga need not worry about the sun and the rain. Neither is he going to catch cold, nor will the cold catch him.

As I told you before, if the body is not healthy it becomes a great nuisance to us. A healthy body will trouble you no more, and you will be free to relax the mind. You can see this happening in Hatha Yoga classes. People walk into a class with all types of excitement, but after an hour of practice they walk out with serenity. The graceful movements of the body and the smooth, gentle breathing react on the mind and make it peaceful.

When the body is relaxed and the mind is calm, then it becomes possible to experience that real and lasting happiness which is within you.

May all shine with radiant health.

May all find true peace.

May all know everlasting joy.

Om Shanthi Shanthi Shanthi

Swami Satchidananda

Adapted from a talk on Hatha Yoga in Aalst, Belgium on May 6, 1966.

Photos by Paris Asta.

A SPIRITUAL ENCOUNTER GROUP

February 6 and 7, 1970 was a unique weekend in the history of "be-ins," when 75 students spent 24 hours together in a basement ballroom of a girl's dormitory at Cornell University in Ithaca, New York. This happening was called "Spirit in the World" by Cornell United Religious Work and its directors, Reverend Jack Lewis and Father Daniel Berrigan. Rabbi Gelberman began the session with Hassidic chanting and a folk song. Brother David then suggested silence so that everyone could formulate questions and stop to consider why they were there. After ten minutes Swami Satchidananda walked over to the west windows. Most of the group followed to watch a fire-orange sun sink behind the evergreen hills. The sun grew dark red, and as its last arc vanished, somebody said "Amen".

Encounters and discussions continually took place amid the silence, laughter and wisdom of "the three gurus," as the Cornell Daily Sun called them. But personal contacts and inner awareness were developed mainly through a series of traditional celebrations done in a modern style.

A Kabbalistic Sabbath service was conducted by Rabbi Gelberman on Friday night. Kabbalah means "to receive," and after singing Hassidic melodies, meditating on the Sabbath candles, and finally sharing wine and bread eye to eye, something new entered everyone present. One sculpture student wrote of this experience: "I received a renewal of the ability to believe."

Then we danced and sang, and the joining of hands and sound brought unknown friends closer together. A Russian language teacher wrote: "Interesting to me was the spirit which bound us all, despite the lack of introductions and general conversation. Names didn't matter." Brother David led the group on a silent walk under a clear sky, full of stars and night sounds. "Keeping quiet was so important, but it certainly was hard not to exclaim with delight." A roaring fire greeted our return, and everyone gathered for midnight chanting and meditation led by Swamiji. "Somehow it happened that I became very peaceful, more peaceful than I can ever recall."

Some went home, though most stayed, just curling up in front of the fire. There was more chanting, and a few people stayed up into the early morning hours to talk with Brother David. But at 7, everybody was back and awake for a morning meditation. There were no drop-outs from this curriculum. After the meditation Swamiji taught a Hatha Yoga class. "The Yoga exercises were just super, . . . and that relaxing thing was just amazing! . . . I've

Then Swamiji performed a Hindu Puja worship ceremony with Sanskrit chanting, burning camphor, tossing of flower petals and finally the sharing of all the prasad (food offerings). "I felt that the fruit was somehow his spirit feeding into mine - I had felt this once or twice before in my life in Christian communion services."

A macrobiotic lunch feast, served with enthusiasm to the hungry gathering, was given by the Ithaca Seed Company. Then everybody just took it easy for an hour or so of quiet rapping or napping. In the afternoon Brother David had everyone assemble in a circle. Each person

was given a piece of fruit and asked to contemplate it. Brother David began to speak of Zen and the questions of meaning, purpose and absurdity in the way we live. He explained the Trinity as a theological basis for the unity of all religions. He described how Judaism is a religion of the Word of God, and Christianity believes in the "Word made flesh." He showed how Buddhism is concerned principally with the Meaning of this Word, the pure essence of God, while Hinduism lives by the Spirit of deep understanding that the Word and Meaning are One. Thus all these religions exist in harmony with a model of Father, Son and Holy Spirit. Brother David went on to demonstrate that beyond a certain point in each path we can no longer grasp with the intellect what is ultimately a mystery to be experienced - just as contemplating an orange and eating it consciously is an experience which cannot be explained, but only understood. Questions began flowing, and unexpectedly, Brother David and Swami Satchidananda - Benedictine monk and Hindu monk - gave accounts of their early lives and how they came to be what they were now.

The concluding ceremony was a Eucharist celebration conducted by Father Berrigan and Reverend Lewis - or Dan and Jack as everyone knew them - with further blessings, prayers, singing and the sharing of bread.

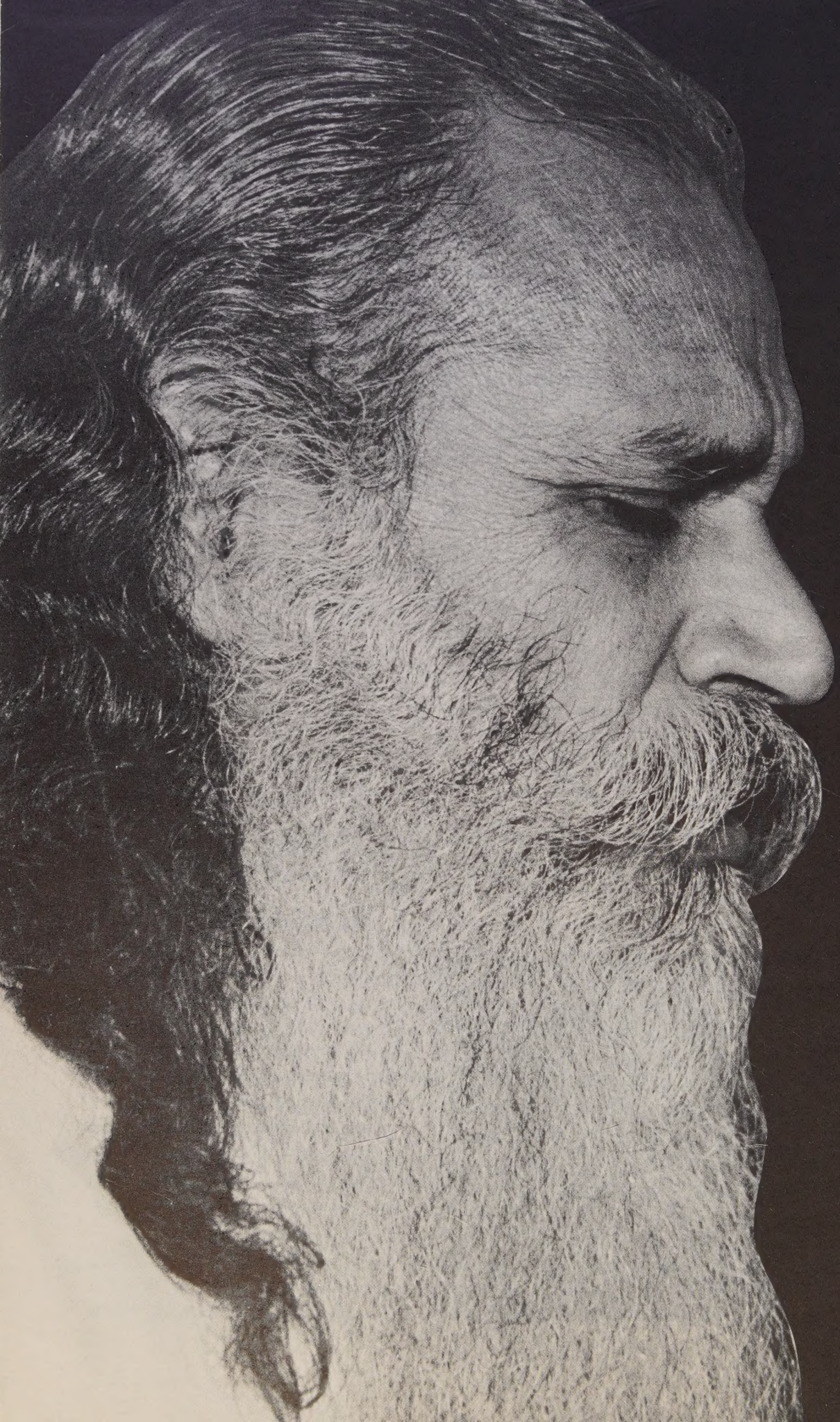
The technique of the encounter was an active sharing of experiences in the simple acts of life together - walking, talking, singing, sleeping, eating, sitting, listening - all directed within or beyond rather than at someone else. Through the celebrations, harmony and insight were achieved. "They wanted a new experience and they wanted to develop a new awareness." "The customs that separate people of different religions served to bring us together. They became a vehicle for principles and energy to be expressed." "The many insights I received from this weekend came mostly from being right there listening to real people actually speaking, teaching, answering questions."

"That the three of you could touch so many so profoundly was a miracle for all concerned, a truly beautiful experience." As Dan Berrigan put it, "We're all breathing different air."

Kumar Buchman



The three gurus: Dr. Joseph Gelberman, Rabbi of the Little Synagogue of New York City; Swami Satchidananda; Brother David of Mt. Saviour Monastery in Pine City, New York.



EARTH DAY MESSAGE OF SWAMI SATCHIDANANDA

Beloved friends, I am extremely happy to know that we are here to give of ourselves and to do all that we can to keep our Mother Earth as clean as possible.

By nature, the Mother Earth is always clean and pure. Nothing pollutes the Mother Earth other than her own children. We can't blame anybody else....

Two reasons for pollution are ignorance and greed. Many people don't know that they are polluting or what they are doing. Many more do know that they are polluting, but they don't bother about that. Why? Because more than the cleanliness of the Mother Earth and the safety of their brothers, they want money. A few minutes back we saw a lot of slides showing how much the factories pollute New York. Do they not know this? They know! Let us pray and plead with people not to fill up their pockets at the cost of the suffering of humanity....

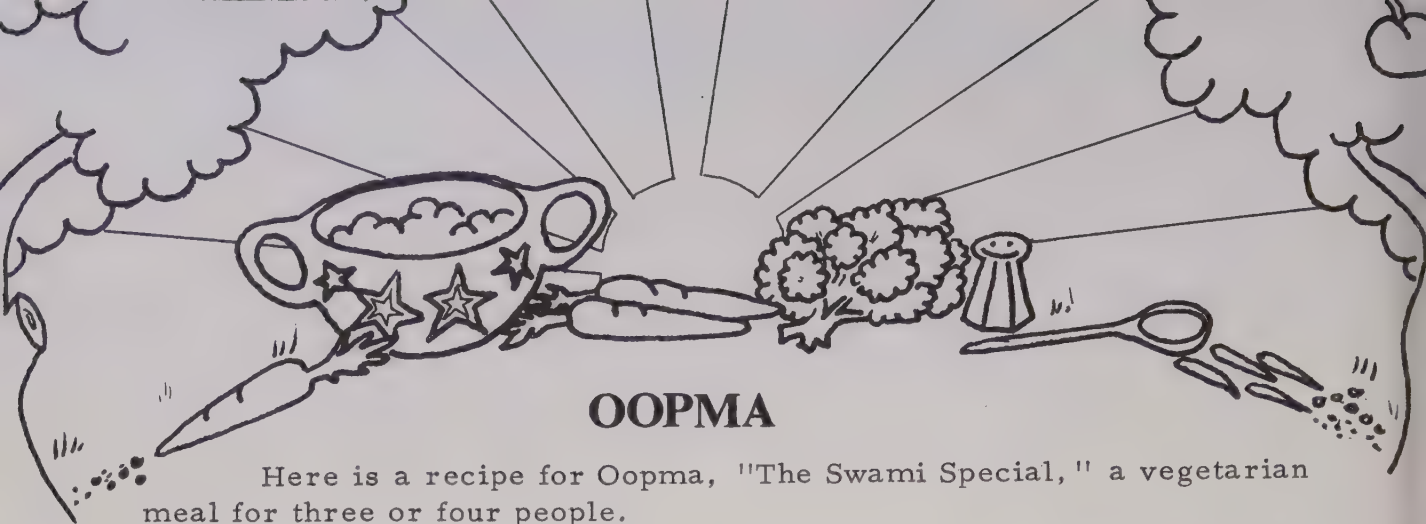
And what else can we do to keep the earth clean? We should not always talk of pollution outside, but rather begin from within. Pollution begins in the mind and then extends to the air and the earth. So we should see that the mind is kept clean. On this special occasion where we have come forward to take an oath of keeping the earth clean, let us make this resolution: "I will keep my mind free from ignorance, greed, and all such vicious ideas which will pollute my life and other lives." And expand that thought of cleanliness to our surroundings, to our neighbors - not only in the cities, but all over the earth.

Love and give. That is the only way to clean the mind. It is selfishness, it is greed that pollutes the mind. So let us love the whole earth, the entire humanity, as our own family, and see that nothing pollutes us and that we live in harmony. For that sake let us spend a minute of silence to thank the Lord and to thank the friends who have come forward to organize such a grand occasion for us to show our respect to Mother Earth. Let us spend a minute of silence for the sake of peace and prosperity for one and all.

Om Peace Peace Peace. Thank you.

Adapted from his address at Union Square, New York City, April 22, 1970.

Photo by Paris Asta.



OOPMA

Here is a recipe for Oopma, "The Swami Special," a vegetarian meal for three or four people.

Ingredients:

- 1/2 cup vegetable oil
- 1/2 cup slivered (blanched) almonds
- 1 Tbsp. mustard seeds
- 2 cups mixed, chopped vegetables (hard vegetables such as carrots, cauliflower, broccoli, peas, etc. are preferable)
- 1 Tbsp. salt
- 1/2 - 1 Tbsp. curry
- 1/4 Tsp. cayenne (red pepper)
- 1 Tbsp. turmeric
- 2 cinnamon sticks
- 2 handfuls raisins
- 2 - 2 1/2 cups water
- 1 cup cream of wheat (regular)

Heat the oil on medium-high flame. Add the mustard seeds and almonds, and let saute (stirring constantly) until the seeds pop and the almonds give off a fragrant aroma. Add the vegetables and saute (stirring constantly) for a few minutes. Add the water, and bring to a rapid boil. Add all the spices and seasonings. Then cover, lower the flame, and let simmer for 5 - 10 minutes, or until the vegetables are soft. Add the raisins after the first 5 minutes, and let them cook during the last 5 minutes. Remove the pot from the heat. Add the cream of wheat and stir constantly and vigorously for about 5 minutes. Cover and let sit for about 5 minutes or until you're ready to serve. This can be made with other assorted nuts and various spices according to your own taste.

Oopma can be served with sour cream or yoghurt and papadams, an Indian flat bread which is available in Eastern food stores and spice shops. They are purchased dry, and are cooked on a medium high flame by deep frying in peanut oil for a few seconds until they swell and turn golden brown. They should be cooked one at a time in about 3" of oil. If they do not swell up immediately, raise the flame.

NEWS OF SWAMIJI AND THE IYI

Swamiji --

On March 20th, Swami Satchidananda left New York to visit the West Coast IYIs. In Davis, California, Swamiji conducted a one hour meditation at the Whole Earth Festival Celebration of the Spring Equinox. After a week of satsang and service, Swamiji went to Dallas, Texas, where he spoke on Easter Sunday and gave Manthra initiation to several people.

Swamiji then returned to New York and kept up his busy schedule. In the past few months Swamiji has given talks to college students at Vassar, Columbia, Fordham, Stoneybrook, and to younger students from the Branford School and Elmont High School. In New York City, he spoke to groups at the Young and Rubicam Advertising Agency, the Horizon House (a drug rehabilitation center), and the Convent of Mary of Reparatrix. He also conducted a Sunday service at the Washington Square Church. Swamiji spoke to about 250 students and faculty members of the Psychology Department of Montclair State College and he appeared with Rabbi Gelberman, Tai-Sen, and Brother David at the Little Library in Brooklyn.

On Earth Day, April 22, Swamiji closed the day's activities at Union Square, New York City, with a talk and short meditation. On the 25th, Swamiji gave an evening lecture in Hartford, Conn., and on the next day gave Manthra initiation at the Canton IYI. Swamiji visited the nuns of the House of Prayer in Stanfordville, New York, with Brother David and Rabbi Gelberman on May 9th and 10th. In May, he also talked at Yogi Ramaiah's center in New York City. Swamiji even went to the Barnum & Bailey Circus, accompanied by about 35 clowning devotees.

To the delight of New Yorkers, Swamiji held discussions regularly on Friday nights at the Universalist Church during April and May. On May 25th, Swamiji gave Manthra Initiation at the New York IYI.

As we go to press...there will be "A Modern Reunion of Yoga & Hassidism" with Hassidic and Yogic chanting on June 4 with Swamiji and Rabbi Gelberman at the Community Church in New York. On June 5th, Swamiji will leave for Los Angeles and San Francisco and then for Detroit, where he will give lectures and several radio, TV, and newspaper interviews. On the 13th and 14th of June, Swamiji will take part in a weekend program at the Bucks County Seminar House in Pennsylvania.

IYI New York --

Due to increasing interest in Yoga and a subsequent burden on our present facilities and personnel, the IYI has sought larger and more expanded facilities for its activities in the New York area. Presently we are attempting to secure a six-story building in Manhattan. This ashram will enable the Institute to more than double its number of classes and will provide housing for 25 to 40 spiritual aspirants. It will also enable the Institute to offer further opportunities for the general public to engage in Yoga practices by providing a secluded meditation room, a library and many new opportunities for Karma Yoga.

A fund-raising campaign is now under way to help the Institute achieve the monetary goal of \$515,000 necessary to see this and related projects through to completion. A benefit concert is being planned for the early fall.

In addition to sponsoring and facilitating Swamiji's activities, the New York IYI has provided teachers for many lectures, seminars and demonstrations for such organizations as St. Vincent's Hospital, the Kiwanis Club, Adelphi University, Montclair State College, the Intermediate School, Glen Rock High School in New Jersey, and Horizon House. The Institute has also been visited by groups from several metropolitan area schools.

Swamiji joined with close members of the Institute for two celebrations: an Aries birthday party held at the center and an excursion to the Circus. During May, Swamiji gave Manthra Diksha to forty-three aspirants at two initiations. On June 14, the Quarterly General Meeting of the IYI Membership will be held.

IYI San Francisco, California --

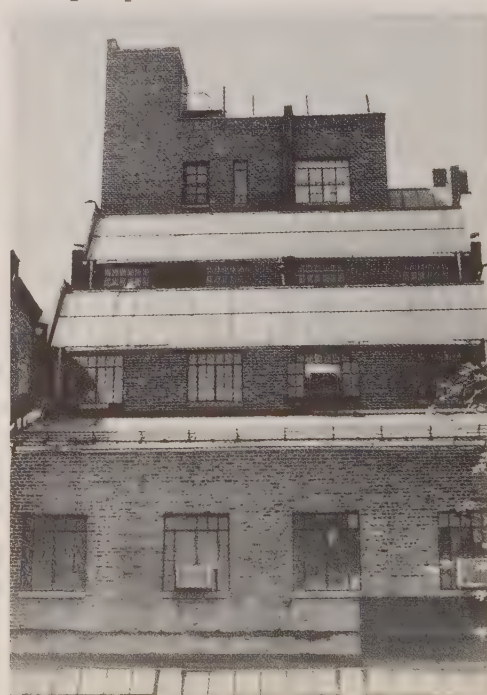
On March 17, the San Francisco IYI moved into their newly purchased headquarters at 770 Dolores Street. Sixteen adults, two babies, two dogs and two cats are now living in this vintage Victorian mansion. Five days later Swamiji came and gave the ashram and ashramites his blessings. About 100 people attended the gala evening of chanting, singing, mime, and Yoga films. They all saw another side of Yoga with Swamiji -- the Yoga of fun. The following day, Swamiji viewed the videotape of his program, shown on KRON-TV. It was the first time any Yogi was given an uninterrupted hour to talk freely on television. The next evening Swamiji gave Manthra initiation to members of the ashram.

The center's weekly schedule has expanded to 20 classes at the IYI plus several outside classes. Sunday has become "Family Day," with 3 1/2 hours of satsang, including chanting and meditation and a "potluck" feast. In June, Swamiji will again visit the West Coast centers for a few days.

The Canton Integral Yoga Bakery.



The proposed New York IYI.



IYI Hollywood, California --

The regular schedule of Hatha Yoga classes at the center and at H.E.L.P. Restaurant is now being supplemented by tape recordings of Swamiji's talks on Friday nights, a scripture study class on Sunday afternoons, and an informal discussion session with chanting and meditation on Sunday nights. Swamiji will be in California early in June for a short but treasured visit.

Growth seems to be the theme of all the IYI centers. Hollywood is also seeking a larger home, and a joint fund raising effort is being made with the San Francisco family. A benefit concert and a large Yoga convocation are planned for the fall.

IYI Canton, Connecticut --

Institute Yoga classes and baking bread continue with vigor. A new program in Hatha Yoga was begun at DARTEC (Drug Addict Rehabilitation Through the Educational Community) in Meriden, Conn. and an auditorium program has been planned for the children in Hartford's West Middle Intensive Instructional Center. The IYI presently teaches Yoga at three colleges in the area. On April 25, Swamiji visited the center and spoke at the Unitarian Meeting House in Hartford. The next day Swamiji gave Manthra initiation to 20 people. The center will hold its first quarterly general membership meeting on May 31.

Fund raising activities have begun in order to purchase a house in the Hartford area. Larger headquarters are needed to meet the growing demand for Yoga in Southwestern New England.

IYI Upper Montclair, New Jersey --

Hatha Yoga classes are being held regularly at the Unitarian Church of Upper Montclair. On May 16, a concert of Yoga music was given at the church by Maheshwara and Parvathi. On May 23 and 24, a group of 25 people from the New Jersey area made a weekend visit to Ananda Ashram in Monroe, New York. For some, this was their first experience in Yoga, and an unforgettable one.

During the student unrest at Montclair State College this spring, a Hatha Yoga Seminar was given on the campus at the students' request. For three weeks, five days a week, instructors from both the Upper Montclair IYI and the New York IYI gave classes which were attended by an average of 25 to 40 students daily. This seminar and Swamiji's talk at the Psychology Department in April were so well received that arrangements are now being made to teach courses in Raja Yoga and Hatha Yoga at the college this fall.

IYI Dallas, Texas --

Swamiji's second visit to this city generated such an interest in Yoga that Ishwara Futral was dispatched from the Canton, Conn. IYI to inaugurate this new center. Classes are being conducted in a large Dallas apartment, but efforts have already begun to look for land for an ashram.

In addition to the flurry of organizational activities on the part of many Texas devotees, Ishwara spoke on Yoga and led peace chants at a large peace rally at the Southern Methodist University on May 19th. About 55 people attended "Buddha's Birthday Party" at the new IYI with chanting and meditation, and of course, a feast with yoga music and food.

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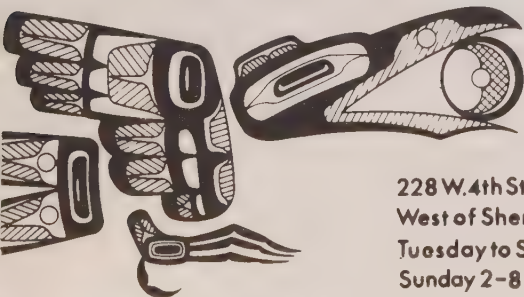
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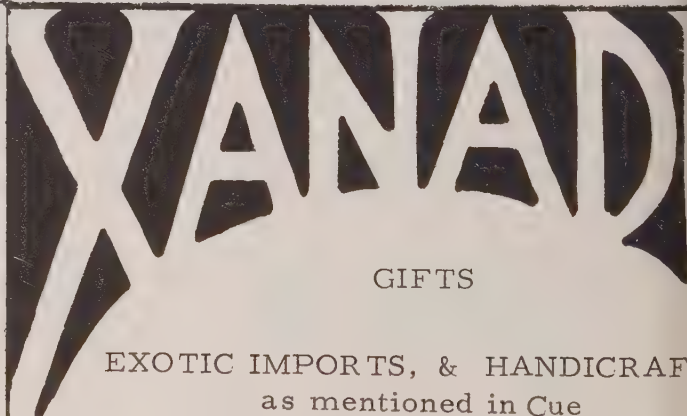
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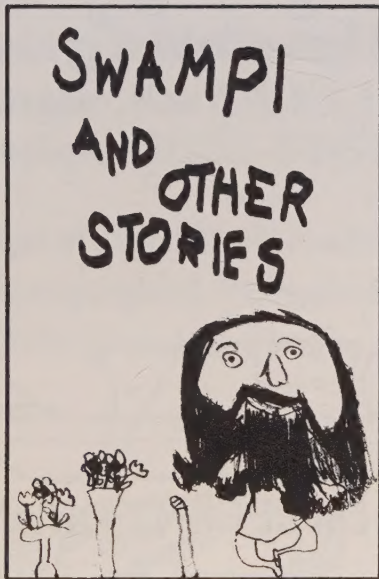
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that fills my body
I am one with the sunlight
that lights my vision
I am one with the all-embracing vibration
that fills my ears.

OM

Eileen Malloy



SWAMPI

This delightful booklet contains children's drawings and compositions about Swamiji. It is available at IYI centers everywhere. You may order a copy from any center for 25¢ plus 10¢ for postage and handling.

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NEW YORK CITY ASHRAM LIFE

Some people wonder whether Swamiji is teaching the ashramites some secret Asanas and Pranayamas and unfolding the dark mysterious Occult before us. Let me assure you he is not.

What we are doing in the IYI household could be considered the pilot project for the future large-scale city ashram. The main Sadhana we are involved in now is not intense meditation or hours of Hatha Yoga, but the development of the art of living together. With so many people living in such close quarters (we now number 20 in the family) a lot of mental adjustment is necessary. Bending to each other's personality will gradually help to purify our mental being by ridding us of selfishness. Then the work of the Institute and our individual unfoldment can go on smoothly.

It is easy to sit back and talk about love, brotherhood and spirituality, but we have found that to live close to others and actualize these ideas every minute of every day is not simple work. Tastes and temperaments differ even in a spiritually oriented community. Our understanding of Swamiji's teachings varies from person to person. One may think Swamiji is putting emphasis on meditation, another may think Swamiji appreciates selfless service. The conflict arises when I begin to feel that you should meditate more and you think I should do more service. Egoism sneaks in, even in spiritual practice. Our work is therefore to be on guard against our own egoism, understanding that each person's approach has some validity. Then we can share the joy of our experiences with others. Gradually, we will have an integral development through which we will be able to radiate Swamiji's vibration wherever we are.

Shankar Shrobe

FOR ALL STUDENTS OF YOGA

You may spend a weekend of Yoga at Ananda Ashram, a beautiful and peaceful country retreat one hour north of New York City. The ashram offers a program of meditation, asana classes, Karma Yoga, Satsang, and other Yoga practices such as Yoga Nidra and walking meditation. Vegetarian meals are served. Fasting and silence are observed once a month on full-moon weekends. The regular program is held from Friday evening through Sunday afternoon.

Mid-week programs for intensive Yoga practice have recently begun for serious aspirants.

For further details, please contact Subrahmanya at Ananda Ashram, Box 212-C-1, Monroe, New York 10950. Phone: (914) 783-1084.

HELPING THE WHOLE WORLD

Let us spend a few moments in meditation. To me, these are the most important minutes. In this short time we are not going to miss anything in the world. The world that survived so far will survive for another few minutes without us. We have done enough damage or good, whatever it be. So there's no hurry to go and do the same thing again. Probably by spending a few minutes in deep silence we will be able to send out nice peaceful vibrations, and these vibrations will go around all over the globe. These peaceful vibrations will help millions of restless minds, hundreds of war-mongers. If they are ever a bit relaxed, forgetting their fretting and planning, when your peace vibration goes around, it will slowly sneak into their hearts. And that is enough; a little flick of the mind would change the entire polarity. Tomorrow they may say, "We don't want to fight anymore. Finish."

All the wars are in the human mind. A little peace can change the mind, and it doesn't take that much time. The mind is like that; all our minds are like that. Hatred is just in the mind. A little switching over this way means we fall in love. It is all a little this way or that way. So your peaceful vibrations, although you may not even know of it, will certainly work on many people. You need not have any doubt about this. By sitting and seriously spending a few minutes in real deep silence, and sending out peaceful vibrations, peaceful thoughts, you will be helping the whole world in some way or other to find peace and joy. There's no doubt about it. No other greater service can we do. It is important work. Let us do that.

I would request you all to follow the peace chant: Om Shanthi, Om Shanthi, Om Shanthi Om. When you repeat this, you will create that peaceful vibration by your own repetition. When the repetition is over you will be able to feel the vibration within you. So I request every one of you to repeat: Om Shanthi, Om Shanthi, Om Shanthi Om.

Swami Satchidananda

Adapted from one of his Friday evening discussions.

THE PEACE CHANT

Shanthi means peace. Pronounce it: shaantee

Om Shan-thi Om Shan-thi O-Om Shan-thi Om

O-Om Shan-thi O-Om Shan-thi Om Shan-thi Om

Om Shan-thi O-Om Shan-thi O-Om Shan-thi Om

Om Shan-thi Om Shan-thi O-Om Shan-thi Om

O-Om Shan-thi O-m Shan-thi Om Shan-thi Om